

## ABSTRACT OF THE DISCLOSURE

A method of making a durable, low friction elastomer that may remain in prolonged contact with human skin or other tissue without causing discomfort. The method includes the steps of mixing together a plasticizing oil, a polymer, and an additive. The mixture is melted so that the additives become soluble in the molten mixture. The molten mixture is molded into the shape of a useful item. When the molded item cools, the mixture becomes an elastomer and the additives begin to precipitate from the elastomer, migrating under a diffusion process to the surface of the molded item where they form a beneficial, friction reducing dry powder. The method also produces micro-craters on the surface of the elastomer that further reduce friction when liquid fluid is collected within the micro-craters.